

# Gymnastics December 2011



## Month of December

Please note that Thursday and Friday classes will receive all 4 weeks of gymnastics classes. Monday – Wednesday and Saturday classes will receive three weeks of classes.

Christmas Break begins after the morning Preschool classes on Friday, Dec 23<sup>rd</sup>.

Gymnastic classes will resume on Monday, Jan 2<sup>nd</sup>.

## Waiver Forms!

Attached is the 2012 waiver form that must be filled out and turned into registration with January's tuition for ALL gymnasts. Due to the waiver form, the front desk will NOT be able to accept blue envelopes this month. All envelopes with the waiver forms must be turned into the registration office.

**Registration Hours: Mon – Fri, 8:00 am – 6:00**

## Dates to Remember

December 13	Pass-Off Night
December 20	January's Tuition Due
Dec. 23	Morning Preschool Classes Held. Team Classes Canceled
Dec. 24-31	No Gymnastics - Christmas Break.
January 2	Gymnastic Classes Resume
January 16 <sup>th</sup>	Classes WILL BE Held

***Please do not bring your child to gymnastic if they have one of the following:***

- \*Fever
- \*lethargic, irritable or difficulty breathing
- \*Vomited in the past 24 hours
- \*Mouth sores/unless a dr. determines that it is not contagious.
- \*Rash/unless a dr. determines that it is not contagious.
- \*Sore Throat
- \*Pink Eye
- \*Impetigo/until 24 hours after treatment
- \*Chicken Pos/until 6 days after onset of rash or until all lesion have dried.



**Pass-Off Night**  
**Tuesday,**  
**December 13<sup>th</sup>**  
**Girls and Boys**  
**Levels 1 & 2**  
**@ 6:45 pm**

## Pass Off Info:

\*Gymnasts need to spend at least 3-6 months in a level before coming to pass off night. 6- 12 is common.  
\*Pass Off nights are held the 2<sup>nd</sup> or 3<sup>rd</sup> week of each month. Starting in January, they will be held on Fridays.  
\*Skipping levels or moving too quickly through them is VERY detrimental to the gymnast.

*Did you know? The more a child tumbles, climbs, creeps and crawls, the more densely wired the brain becomes for the academic success. Movement is the architect of a child's brain. The two hemispheres of the brain are designed to constantly communicate with one another. The left side of the brain controls the right side of the body and vice versa. Bilateral activities, common to all gymnastics programs, require both sides of the body to work together and separately. Coordinated movements patterns create efficiency in the brain. (continued on back)*

# Merry

# Christmas!

